

# TRADITIONAL FOODS, DIETS & LIFESTYLES

CREATING HEALTHY LIFESTYLES FOR THE 21ST CENTURY

## 2005 Conference on Food, Soil and Environmental Chemical Connections to Health Using the Wisdom of the True Health Pioneers, Past and Present

AUGUST 5-8, 2005 • FRI. - MON. • Ocean Shores, Washington • [www.traditionalfoodsdietslifestyles.com](http://www.traditionalfoodsdietslifestyles.com)

Conference Schedule Continued... Sunday August 7, 2005 10:30 am - 12:00

5. **Theo Colborn, Ph.D.** (G-IN-A) "War Stories": What's really going on in government and industry?
6. **Cecil Smith** (G) Basic Healthy Home Building Materials and Construction Techniques.
7. **Cascade Anderson Geller** (G) Traditional Root Tonics from World Cultures.
8. **Cynthia DeMeester, M.D., Ph.D.** (IN) Parenting From Conception to Birth: Strategies for creating emotional wellbeing for the prenat, parents and family.
9. **Leslie Korn, Ph.D., M.P.H.** (IN-A) Traditional Approaches to the Prevention and Treatment of Diabetes.
10. **John Kallas, Ph.D.** (G) Whole Foods Preparation Demo: Edible Wild Plants of North American Forests.

11:30 am - 2:00 pm LUNCH and Exhibitor/Vendor Fair

- 2:00 pm - 3:30 pm **Keynote Speaker: Elaine Ingham, Ph.D.**  
Importance of a Healthy Soil Foodweb and the Use of Compost Tea in the production of optimum health of soils, plants, animals and humans.

4:00 pm - 5:30 pm **CONCURRENT SESSIONS - D**

1. **Sally Fallon** (G) All About Fats and Oils: A primer on fats and oils, including special oils for weight loss and treatment of disease; Learn why saturated fats are not the villain in the modern diet, but vital to the health of the body.
2. **Elaine Ingham, Ph.D.** (IN) Soil Food Web: Part II.
3. **Will Winter, DVM** (IN) Parasites in Beasts on the Farm and Their Counterparts in Man.
4. **Rosalind Anderson, Ph.D. and Julius Anderson, M.D., Ph.D.** (G-IN-A) "Low Hanging Fruit" Part A: Fragranced products, air fresheners, perfumes, colognes, disposable baby diapers.
5. **Cascade Anderson Geller** (G) Lip Smacking Good Tastes: Using healthy herbs and spices.
6. **Swevo Brooks** (G) Healing Waters: Water as food, water as medicine, hydrotherapy, skin rejuvenation, elimination, stream and spring preservation.
7. **Ian Luepker, N.D.** (IN) Healing with Homeopathy: A case of hypothyroidism and depression.
8. **Rudolph Ryser, Ph.D.** (G) Salish Food Gathering, Preparation and Preserving Methods for Health.
9. **Sandra Steingraber, Ph.D.** (IN-A) Buying Organic: Lifestyle or Political Choice?
10. **Brigetta Antonsen, CNT** (G) Whole Foods Preparation Demo: Salads for the Lunch or Dinner Table: Using seaweeds and other tasty alternatives.

6:00 pm - 7:30 pm BANQUET DINNER II

8:00 pm - 11:00 pm Family Contra Dance

### Monday August 8, 2005

6:30 am - 8:00 am BREAKFAST

- 8:30 am - 10:00 am **Keynote Speaker:**  
**Sandra Steingraber, Ph.D.**  
First Environment: The Ecology of  
Pregnancy, Infancy and Breastmilk.

10:30 am - 12:00 **CONCURRENT SESSIONS - E**

1. **Mary Enig, Ph.D.** (IN-A) Trans Fatty Acids (Trans Fats) in the Food Supply: Health implications and post 2006 labeling laws.
2. **Sally Fallon** (G) How To Change Your Diet For the Better: A step-by-step plan for bringing "modern" diets in line with traditional diet principles; Learn how to make healthy breakfast cereals, snacks, soups and lacto-fermented beverages and condiments.
3. **Elaine Ingham, Ph.D.** (IN-A) Compost Tea: Part I.
4. **Will Winter, DVM** (G-IN-A) Looking at Mad Cow Disease, Scrapie in Sheep, Chronic Wasting Disease, and Human Creutzfeldt-Jakob Disease as Environmental Diseases.
5. **Theo Colborn, Ph.D.** (G-IN-A) What Can People Do to Protect Themselves From Environmental Chemical Exposures?
6. **Judy BlueHorse Skelton** (G) Gifts of the Plant World: Native American healing traditions.
7. **James Jungwirth** (G) Seaweeds as Food and Medicine: Part 2.
8. **Leslie Korn, Ph.D., M.P.H.** (G) Principles of Natural Mental Health Nutrition.
9. **Ian Luepker, N.D.** (IN-A) A Drug-Free Approach to Asperger's Syndrome and Autism: Homeopathic care for exceptional children.
10. **Matt Samuelson** (G) Whole Foods Preparation Demo: Five-Star High Vitality Deserts.

12:00 Noon - 1:00 pm LUNCH

- 1:00 pm - 2:30 pm **Closing Keynote Speaker:**  
**Swevo Brooks, The Art of Good Living.**

3:00 pm - 4:30 pm **CONCURRENT SESSIONS - F**

1. **Sally Fallon** (G) Breakfast, Lunch and Dinner: Having trouble getting started with a traditional diet? Here are suggestions for no-fuss, economical meals.
2. **Gray Graham, CNT** (G) Weston A. Price: A biographical essay.
3. **Jerry Brunetti** (G-IN) Walking the Talk: Surviving the modern medical machine; A personal odyssey of healing from cancer by applying the ecological farming model to human disease.
4. **Elaine Ingham, Ph.D.** (IN-A) Compost Tea: Part II.
5. **Rosalind Anderson, Ph.D. and Julius Anderson, M.D., Ph.D.** (G-IN-A) "Low Hanging Fruit" Part B: Carpets, mattresses, mattress covers, fabric softener.
6. **Cecil Smith** (G) Mold and Our Building Environment: Preventing and correcting a serious health problem.
7. **John Kallas, Ph.D.** (G) Traditional Fruits and Nuts of North America.
8. **Rudolph Ryser, Ph.D.** (G) Oolichan Oil: Elixir of the sea.
9. **Matt Samuelson** (G) Simple Solutions: Alternatives to toxic products in the kitchen and in food preparation.
10. **Brigetta Antonsen, CNT** (G) Whole Foods Preparation Demo: From the Herb Garden: Using herbs in fresh preparations and in cooking.

4:45 pm Gather together at the beach for:

5:00 pm - 5:30pm Closing Circle at the beach